

## Appendix

### Infant Feeding Scale

Capilouto, G. & Lattin, A. (2011)<sup>1</sup>

✓	Level of Readiness to Feed	
	1 - Infant ready to feed	Awake or cries before care; takes pacifier, brings hands to mouth, roots
	2 - Infant somewhat ready to feed	Drowsy or wakes with care; roots some, sucks on pacifier some
	3 - Infant not ready to feed	Does not wake with care, does not root, does not suck on pacifier
	4 - Infant not safe to feed	Decreased physiologic stability with care time (e.g. oxygen desaturation and/or bradycardia requiring intervention)
✓	Level of Safety to Feed	
	A	Rhythmical, consistent suck with no stress cues, infant self-paces though the entire feeding
	B	Starts with consistent, rhythmic suck, but infants fatigues as feeding progresses; minimal stress cues
	C	Difficulty initiating suck or inconsistent suck; poor suck-swallow-breathe coordination; multiple stress cues during feeding
	D	Absent suck and/or signs of dysfunction (e.g. tongue rolling around nipple, biting on nipple, jaw thrusting)

✓	Stress Cues	Interventions	✓
	Color change	Pacing	
	Gagging/coughing/choking/	Rest periods during feeding	
	Refusal to suck/bites nipple	Reflux precautions	
	Increased work of breathing	Elevated side-lying position	
	Emesis	Reorient to feeding	
	Loss of physiological stability	Swaddling	
	Gulping/raised brows/eye watering	Skin to Skin	
	Marked change in muscle tone	Nipple Shield	
	Panicked look/finger splaying		

Subject Number: \_\_\_\_\_

Date: Time: \_\_\_\_\_

Score: \_\_\_\_\_

<sup>1</sup> Adapted from Ludwig & Waitzman, 2001; Shaker & Woida, 2007